



# CLARK MEADOWS MESSENGER

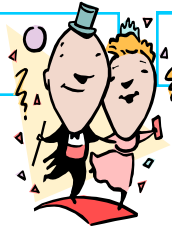


HAPPY NEW YEAR!

January 2022

## JANUARY BIRTHDAYS:

3-ISABEL POTTER  
4-JANE FARRELL  
11-KATHRYN HALL



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Ring out the Old,  
Ring in the New  
Ring Happy Bells,  
Across The Snow  
The Year is Going  
Let Him go...  
Ring out the False,  
Ring in the True  
Happy New Year!



## Clark Meadows "Gives Back"

Tis the Season to Give Back to our Community and Clark Meadows Residents and Staff took part by Baking and selling 45 pies for Our Military Families. We ended the year by working with the "Blue Star Mother's" from the VA by adopting **2 soldiers**, and their families. We raised money by having a bake sale and made blankets to sell. A Very Heartfelt Thank You To all our residents and staff that took the time to help with these projects. The Wrapping Party was the best!





READY FOR  
OUR  
SIGN  
LANGUAGE  
PERFORMANCE!  
HO, HO, HO



## Quote of the Day

*Life is what happens  
to us while we are  
making other plans.*

– Allen Saunders



“When it snows,  
you have two choices:  
shovel or make  
snow angels.”



CAROL ENJOYING OUR “ZEN”  
TABLE... PEACE, TRANQUILITY  
AND DESTRESS TIME...



## The Gift



Be still, my soul, and steadfast.  
Earth and heaven both are still watching  
though time is draining from the clock  
and your walk, that was confident and quick,  
has become slow.

So, be slow if you must, but let  
the heart still play its true part.  
Love still as once you loved, deeply  
and without patience. Let God and the world  
know you are grateful.  
That the gift has been given.

—Mary Oliver

## LOOK WHO WON OUR GUESS HOW MANY JARS FOR THE HOLIDAYS



### Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good manners.

### Aquarius (Jan 20 – Feb 18)

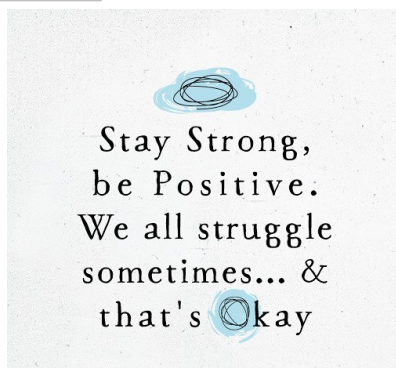
Aquarians are shy & quiet, deep thinkers who love helping others.



# heart

### Special Days

- 1<sup>st</sup> Hot Tea Day
- 3<sup>rd</sup> J.R.R. Tolkien's Birthday
- 8<sup>th</sup> Elvis Presley's Birthday
- 15<sup>th</sup> Martin Luther King Day
- 19<sup>th</sup> International Flower Day
- 21<sup>st</sup> International Hug Day
- 21<sup>st</sup> Sundance Film Festival
- 25<sup>th</sup> Robert Burns Day
- 26<sup>th</sup> Australia Day
- 27<sup>th</sup> Epiphany
- 27<sup>th</sup> Mozart's Birthday
- 28<sup>th</sup> Jackson Pollock's Bday



## In January, we celebrate Birthdays with:

- January 3, Isabel Potter (Turning 101)**
- January 4, Jane Farrell (Turning 91)**
- January 11, Kathryn Hall**



PREPARING OUR TABLE FOR THE CHRISTMAS PARTY! CARDS, GIFTS, CHOCOLATES, ETC.

# WHAT'S THE "BUZZ" At Clark Meadows

SO BUSSSSSY... with the HOLIDAYS





# January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

Flower: **Carnations**



**HAVE YOU MADE YOUR NEW YEARS RESOLUTION??**



The Alaskan Tree Frog freezes solid in winter...including the stopping of his heart...and when he thaws out in the spring...he wakes up and hops away! :)

